

## **POW WOW 2006 Rock Climbing**

### **Why Begin a Rock Climbing Program?**

**Rock climbing supports Scouting's basic objectives. It clearly promotes physical fitness, being one of the most strenuous of outdoor activities, and it also develops character. Young people are able to surmount seemingly impossible objectives – they do more than they thought possible prior to participating in this exhilarating outdoor sport. Rock climbing provides a worthy challenge. As knowledge and skill increases, participants become more confident and develop more self-reliance. Good leadership and self-discipline are essential in rock climbing. Young people have an opportunity to see superb examples of leadership. They learn leadership by example. As their proficiency grows, they, too, have an opportunity to exercise leadership. In rock climbing, as elsewhere, a participant needs to be a good follower before becoming a good leader**

**Rock Climbers work together as a team in pair or in threes. Good teamwork is critical. Rock Climbers entrust their life and well-being to their “stout hearted” belayer. The friendships that develop between Rock climbing participants frequently are life long.**

### **IMPORTANT POINTS----**

- Rock climbing is a growth experience for Scouts**
- Self confidence development**
- Learning to trust:     Equipment  
                                  Others  
                                  Self or**
- Learning how to be trusted**
- Patience**
- Practicing mental order (planning)**
- Learning how to stay focused**

- The importance of:**
- Climb on Safely training for participating adult leaders.**
  - Review Climb on safely rules.**
  - Climbing only with a trained instructor.**
  - Hands on time with gear**

## **References and RECOMMENDED reading:**

1. **BSA GUIDE TO SAFE SCOUTING**
  - Yellow Mid section center page bottom third: *Age appropriate guidelines of scouting activities*
  - *Climbing and Repelling Pg 40-42, 1 – 8*
2. **BSA TOPPING OUT all**
3. **BSA Outdoor Skills Instruction Climbing / Repelling, all**
4. **BSA Climb on Safely Training Outline, all**
5. **BSA Scoutmaster Handbook, pgs. 106 - 108**
6. **How to be a Master Climber in six easy lessons by Pat Ament, Published by TWO Lights**  
(a small easy to read book that **should be the first** on your list to read)
7. **MOUNTAINEERING The Freedom of the Hills**  
( the bible of Mountaineering and Climbing)
8. **MAMMUT ROPE, guide by Mammut, all**
9. **YOSEMITE CLIMBS by Myers and Reid, Published by Chockstone Press, Introduction pgs.1 – 42.**
10. **Rock Climbing Yosemite's Select, Compiled by Don Reid, Chockstone Press. A Falcon Guide Introduction Pgs., 1 –**
11. **Climber's Guide PINNACLES National Monument by David Rubine, Chockstone Press**

## **Climb on Safely Training Outline**

**Climb on Safely is the Boy Scouts of America's recommended procedure for organizing climbing and rappelling activities at all levels of the Scouting program—Tiger Cubs BSA, Cub Scouting, Boy Scouting, Varsity Scouting, and Venturing. For council and district climbing and rappelling activities, the Climbing / Rappelling National Standards (current year), must be followed. Climb on Safely applies to climbing and rappelling at both natural sites and specially designed facilities such as climbing towers and walls, whether fixed or portable.**

### **Purpose**

**Climb on Safely is designed to help adult leaders organize a climbing and rappelling program for their unit, similar to Safe Swim Defense and Safety Afloat. It is not designed to teach leaders how to instruct BSA youth in the skills of climbing and / or rappelling. Teaching climbing or rappelling requires trained climbing instructor who meets the criteria under "qualified instructors" in Climb On Safely. Ideally this person has a current certificate of completion of training for BSA climbing director or a BSA climbing instructor.**

## **Learning Objectives**

- **At the end of this session, each participant should be able to:**
- **Explain how each of the eight points of the Climb On Safely program contributes to the objective of assuring safe unit climbing/rappelling.**
- **Understand why the first and last points --- **qualified supervision and discipline**--- are crucial and why all other points rely on these two points.**
- **Organize and carry out a safe unit climbing/rappelling activity, observing the eight points of the Climb on Safely program.**
- **Review the materials list for a better understanding of the resources available and how these can be used to help plan and safely carry out a climbing/rappelling activity.**

## **The Problem**

**Invite all to relate personal experiences with an accident or close call during a unit climbing / repelling activity. Supplement accounts with examples of actual incidents(news items, personal experiences, reports, etc.)conclude opening discussion with Scouting's excellent safety record with project COPE and climbing/rappelling – related activities.**

## **The Response**

**Scouting is responsible to provide for the safety of those participating in Climbing / rappelling activities. The Climb On Safely program is designed to promote safety and help prevent accidents. Accidents can occur when climb On Safely procedures are not followed.**

## **The Policy**

**Before any BSA group can engage in any climbing / rappelling activity, adult leaders for the activity must have an appreciation for the potential hazards that they might encounter and should be sure steps are taken to reduce risks. Adherence to the eight points of Climb On Safely will help units avoid significant risks.**

**Note** (pass out copies of the climb on Safely Brochure and review each of the eight points in detail. Remind adult leaders they need to comply with council's youth protection procedures before participating in any Scouting event or activity involving youth members. Council has materials about this required training)

- 1. Qualified supervision**
- 2. Qualified instructors**
- 3. Physical fitness**
- 4. Safe area**
- 5. Equipment**
- 6. Planning**
- 7. Environmental conditions**
- 8. Discipline**  
(buddy system)

**-Age-appropriate climbing and rappelling guidelines.**

**-Conclusion**